

仇敌攻击

之 **5** 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!



仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

1.



RECEIVE

欺騙!

1.



DECEIVE

欺骗!

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REV 启 12:9

大龙就是那古蛇，名叫**魔鬼**，又叫**撒但**，是**迷惑**普天下的。他被摔在地上，他的使者也一同被摔下去。

So the great dragon was cast out, that serpent of old, called the **DEVIL AND SATAN**, who **DECEIVES** the whole world; he was cast to the earth, and his angels were cast out with him.

1.



DECEIVE

欺騙!

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MAT 太 24:4

耶穌回答说：「你们要**谨慎**，  
免得有人**迷惑**你们。」

And Jesus answered and said to them: "**TAKE  
HEED** that no one **DECEIVES** you.

1.



DECEIVE

欺骗!

仇敌攻击  
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刻意欺骗，意思是用虚伪的言行隐瞒真相，使人上当。

*Deliberately cause (someone) to believe something that is not true.*

# 仇敌攻击 之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

# 2



# DISTRACTION

# 分心!

# 2.



## 1STRACTION

# 分心!

仇敌攻击  
之 5 部曲!

THE '5DS'  
ATTACK OF THE ENEMY!



# 分心:

不能稳定而持久地把注意力集中于当时所应注意事物上的一种心理状态。在分心情况下，有关的心理活动松弛、动摇，因而难以有效地进行学习和工作。

To **DRAW AWAY** or **DIVERT**, as **THE MIND** or **ATTENTION**; To **DISTURB** or **TROUBLE GREATLY IN MIND**.



# 2.



**ISTRACTION**

# 分心!

仇敌攻击  
之 **5部曲!**

THE 「5DS」  
ATTACK OF THE ENEMY!

1CO 林前 7:35

我说这话是为你们的益处，  
不是要牢笼你们，乃是要叫  
你们行合宜的事，得以**殷勤**

**服事**主，没有**分心**的事。

And this I say **FOR YOUR OWN PROFIT**, not  
that I may put a leash on you, but for what is  
proper, and that you may **SERVE THE LORD**  
**WITHOUT DISTRACTION.**



仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

3.



DISAPPOINTMENT

失望!

3.



DISAPPOINTMENT

失望!

仇敌攻击  
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THE 「5DS」  
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**失望:**

意思是感到没有希望，失去信心；希望落了空；因为希望未实现而不愉快。

**DISAPPOINTMENT:**

feeling no hope, or unhappy because hope is not realized. Losing confidence.



3.



DISAPPOINTMENT

失望!

仇敌攻击  
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THE 「5DS」  
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2CO 林后 4:8

我们四面受敌, 却不被困住;

心里作难, 却不至失望;

*We are hard-pressed on every side, yet not  
crushed; we are perplexed, but not in **DESPAIR**  
[disappointed or demoralized];*

仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

4.



DISCOURAGEMENT

灰心!

4.



DISCOURAGEMENT

灰心!

仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

灰心:

因遭到困难、(挫败感), 失去勇气, 情绪低落, 意志消沉, 灰心丧气。

*Great sense of failure, to deprive of courage, losing hope, or confidence; dishearten; dispirit.*

4.



DISCOURAGEMENT

灰心!

仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

GAL 加 6:9

我们行善，不可丧志；

若不灰心，

到了时候就要收成。

And let us **NOT GROW WEARY** while **DOING GOOD**, for in due season we shall reap if we **DO NOT LOSE HEART**.

# 仇敌攻击 之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

# 5.



# DEPRESSION

# 压抑!

5.



DEPRESSION

压抑!

仇敌攻击  
之 5 部曲!

THE '5DS'  
ATTACK OF THE ENEMY!



寂寞, 无助, 困苦, 否定,  
拒绝, 迷惑, 迷失, 破碎,  
挫败, 利用, 苦恨, 弃绝,  
没价值, 被出卖。

I'M NOT

betrayed. lost. angry.  
unloved.  
lonely.

abandoned. cconfused.

worthless. defeated.

(like I'm a failure.  
depressed. unhappy.

trapped.  
devastated. broken.  
used.  
hated.



5.



DEPRESSION

压抑!

仇敌攻击  
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**抑郁**是一种情绪障碍，会引起持续的悲伤和兴趣丧失。重度抑郁症或临床抑郁症甚至会影响您的感觉，思维和行为方式，并可能导致各种情绪和身体问题。

*Depression is a mood disorder that can cause constant sadness and loss of interest. Major depression or clinical depression can even affect how you feel, think, and behave, and can cause various emotional and physical problems.*

仇敌攻击  
之 5 部曲!

THE 「5DS」  
ATTACK OF THE ENEMY!

1. *DECEIVE* 欺骗!

2. *DISTRACTION* 分心!

3. *DISAPPOINTMENT* 失望!

4. *DISCOURAGEMENT* 灰心!

5. *DEPRESSION* 压抑!

仇敌攻击  
之 5 部曲

THE 「5DS」  
ATTACK OF THE ENEMY

1.



DEAL WITH

如何面对

EXCEPTION

欺骗？

A person is shown from the back, breaking a chain. The background is a sunset sky with a sun on the right. The person's arms are raised, and the chain is broken into two pieces. The word 'truth' is written in red in a circular inset on the left. A large yellow circle on the right contains the Chinese characters '真理' and the word 'TRUTH' in white.

...WHO  
for the  
**truth**  
his new  
of the

真理

TRUTH

DEAL WITH DECEPTION?  
1. 如何面对欺骗?

真理

TRUTH



JOH 约 8:32

你们必晓得真理，

真理必叫你们得以自由。

And you shall **KNOW** the truth, and the **TRUTH** shall make you **FREE**."

DEAL WITH DECEPTION?  
1. 如何面对欺骗?

# 真理

TRUTH



HEB 来 4:12

**神的道**是活泼的，是有功效的，比一切两刃的剑更快，甚至**魂与灵**，骨节与骨髓，都能刺入，剖开，连心中的思念和主意都能**辨明**。

For the **WORD OF GOD** is **LIVING** and **POWERFUL**, and **SHARPER** than any two-edged sword, **PIERCING** even to the **DIVISION** of **SOUL AND SPIRIT**, and of joints and marrow, and is a **DISCERNER** of the **THOUGHTS** and **INTENTS** of the **HEART**.

DEAL WITH DECEPTION?

# 1. 如何面对欺骗?

# 真理

TRUTH



ROM 罗 12:2

不要效法这个世界，

只要**心意更新而变化**，

叫你们**察验何为神的善良、**

**纯全、可喜悦的旨意。**

And do not be conformed to this world, but be **TRANSFORMED** by the **RENEWING OF YOUR MIND**, that you may **PROVE** what is that good and acceptable and perfect **WILL OF GOD.**

仇敌攻击  
之 5部曲

THE 「5DS」  
ATTACK OF THE ENEMY

DEAL WITH

如何面对

DISTRACTION

分心!







聚焦

FOCUS

DEAL WITH DISTRACTION?  
2. 如何面对分心?

# 聚焦

FOCUS



COL 西 3:1-2

所以，你们若真与基督一同复活，就当**求在上面的事**；那里有基督坐在神的右边。

你们要**思念上面的事**，  
**不要思念地上的事。**

If then you were raised with Christ, **SEEK THOSE THINGS WHICH ARE ABOVE**, where Christ is, sitting at the right hand of God. **SET YOUR MIND ON THINGS ABOVE, NOT ON THINGS ON THE EARTH.**

DEAL WITH DISTRACTION?  
2. 如何面对分心?

# 聚焦

FOCUS



PHP 腓 3:13-14

弟兄们，我不是以为自己已经得着了；我只有**一件事**，就是**忘记背後**，努力面前的，向著标竿**直跑**，要得神在基督耶稣里从**上面**召我来得的**奖赏**。

Brethren, I do not count myself to have apprehended; but one thing I do, **FORGETTING THOSE THINGS** which are **BEHIND** and **REACHING FORWARD** to those things which are **AHEAD**, I **PRESS TOWARD** the goal for the prize of the **UPWARD CALL** of God in Christ Jesus.

仇敌攻击  
之 5部曲

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3.



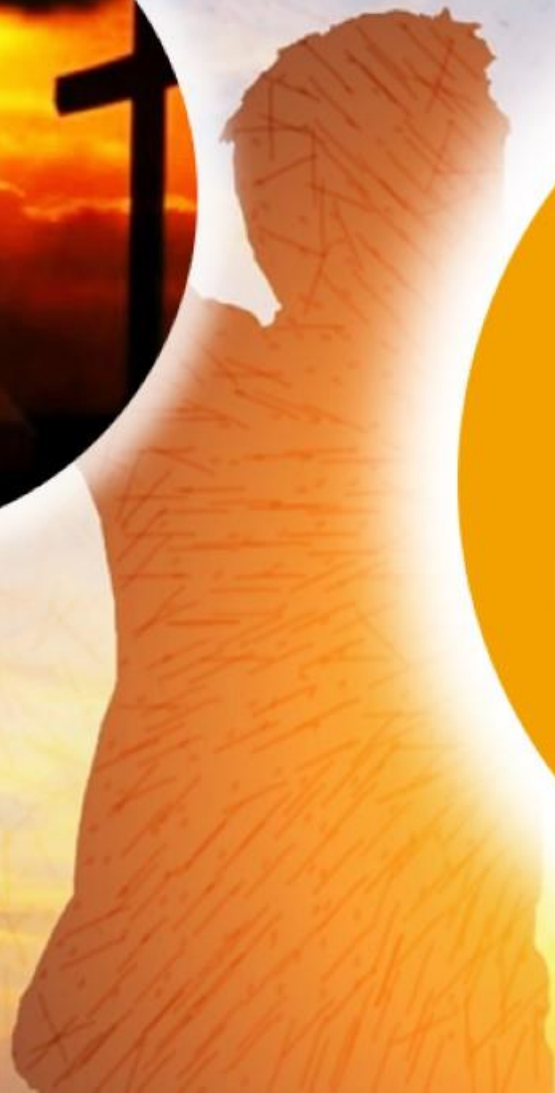
DEAL WITH

如何面对

DISAPPOINTMENT

失望!

WELCOME TO  
DISAPPOINTMENT  
TOWN!



仰望  
LOOK INTO

3. DEAL WITH DISAPPOINTMENT?  
**如何面对失望?**

# 仰望

LOOK TO



HEB 来 12:1-2

...就当**放下**各样的重担，  
脱去容易缠累我们的罪，  
存心忍耐，奔那摆在我们  
前头的路程，**仰望**为我们  
信心创始成终的**耶稣**...

... let us **LAY ASIDE EVERY WEIGHT**, and the **SIN** which so **EASILY ENSNARES US**, and let us **RUN WITH ENDURANCE** the race that is set **BEFORE US, LOOKING UNTO JESUS**, the **AUTHOR AND FINISHER OF OUR FAITH**...

仇敌攻击  
之 5 部曲

THE 「5DS」  
ATTACK OF THE ENEMY

4.



DEAL WITH

如何面对

ISCOURAGEMENT

灰心!



喜乐

JOY



DEAL WITH DISCOURAGEMENT?  
4. 如何面对灰心?

# 喜乐

JOY



JAS 雅 1:2-4

我的弟兄们，你们**落在百般试炼中，都要以为大喜乐**；因为知道你们的**信心经过试验，就生忍耐**。但忍耐也当成功，使你们**成全、完备，毫无缺欠**。

My brethren, **COUNT IT ALL JOY** when you fall into **VARIOUS TRIALS**, knowing that the **TESTING** of your **FAITH** produces **patience**. But let patience have its perfect work, that you may be **PERFECT** and **COMPLETE, LACKING NOTHING**.

DEAL WITH DISCOURAGEMENT?  
4. 如何面对灰心?

喜乐

JOY



PHP 腓 4:4

你们要靠主常常喜乐。

我再说，你们要喜乐。

REJOICE in the Lord ALWAYS. AGAIN I will say,  
REJOICE!

DEAL WITH DISCOURAGEMENT?  
4. 如何面对灰心?

喜乐

JOY



LUK 路 18:1

耶稣设一个比喻，是要人常常祷告，不可灰心。

*Then He spoke a parable to them, THAT MEN ALWAYS OUGHT TO PRAY and NOT LOSE HEART,*

仇敌攻击  
之 5 部曲

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ATTACK OF THE ENEMY

5



DEAL WITH

如何面对

DEPRESSION

压抑!

I'M NOT

angry.

unloved.

depressed.

confused.

feared.

(like I am).

happy.

trapped.

devastated.

broken.

trapped.

hated.



祷告

三部曲

TRILOGY OF  
PRAYER

5. DEAL WITH DEPRESSION?

5. 如何面对压抑?

# 祷告

三部曲

TRILOGY OF  
PRAYER



1. 祷告起 PRAY UP!

2. 祷告出 PRAY OUT!

3. 祷告挡 PRAY AGAINST!

5. DEAL WITH DEPRESSION?  
5. 如何面对压抑?

# 祷告

三部曲

TRILOGY OF  
PRAYER



MAT 太 26:41

**总要警醒祷告**，免得

入了迷惑。你们**心灵**固然

**愿意**，**肉体**却**软弱**了。」

**WATCH AND PRAY**, lest you enter into temptation. The **SPIRIT** indeed **IS WILLING**, but the **FLESH IS WEAK**."

5. DEAL WITH DEPRESSION?  
如何面对压抑?

# 祷告

## 三部曲

TRILOGY OF  
PRAYER



1PT 彼前 5:7

你们**要**将一切的忧虑**卸**给神，  
因为**他顾念你们**。

扩充版 - 将你一切的忧虑 - 你所有的焦虑、所有的烦恼、所有的担忧，**一次性地全部卸**给神；因为他**细心地顾念你们，看护保守**你们。

**CASTING ALL YOUR CARE upon Him, for HE CARES FOR YOU.**



5. DEAL WITH DEPRESSION?  
如何面对压抑?

# 祷告

三部曲

TRILOGY OF  
PRAYER



PRO 箴 4:23

你要**保守你心**，**胜过**

**保守一切**（或作：你要

切切保守你心），因为**一生**

的**果效**是**由心发出**。

*KEEP YOUR HEART with ALL DILIGENCE,  
For OUT OF IT spring the ISSUES OF LIFE.*

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